

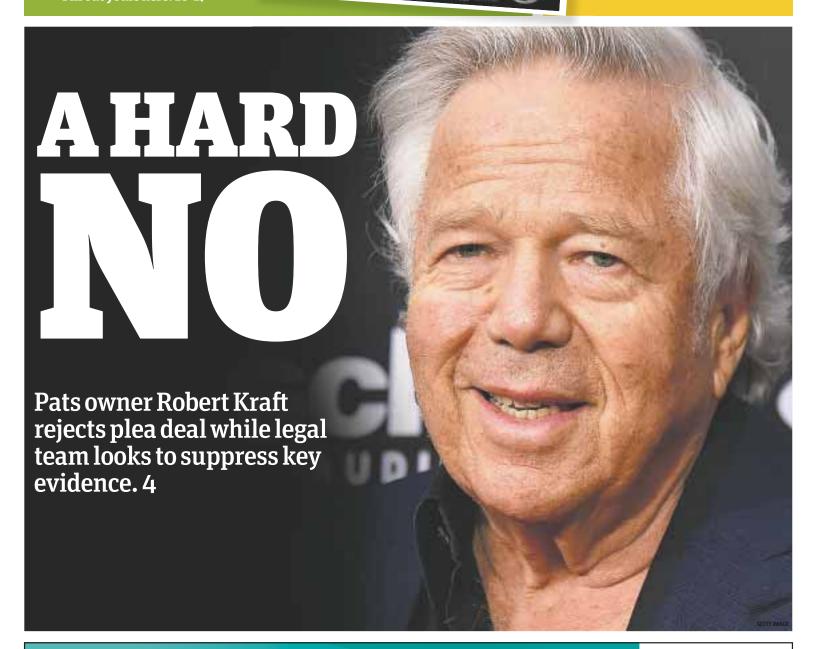
Wait, baseball is back? Decision to hold MLB Opening Day in Japan was the wrong one. 27

I NOTE TO VALUE

**2019 NCAA BRACKET** 

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Zachary Levi and Mark Strong talk about 'Shazam!' 19



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# The school commissioned the pics in 1850.

Tamara Lanier, a descendant of an American slave, on Wednesday sued Harvard University to gain possession of photos of her great-great-great-grandfather that the school commissioned in 1850 on behalf of a professor trying to prove the inferiority of black people.

A representative for Harvard declined to comment and said the university had not yet been served with the complaint. REUTERS

# Harvard sued by descendant of US slave photographed in 19th century, wants possession of pics







# Syracuse PG Howard suspended from tourney

Syracuse senior point guard Frank Howard won't play in the NCAA Tournament due to what the school said was a "violation of athletic department policy." The school made the announcement on Wednesday in Salt Lake City, shortly before coach Jim Boeheim was slated to participate in a press conference. The eighth-seeded Orange (20-13) face ninthseeded Baylor (19-13) on Thursday in West

Region play. Syracuse said Howard would be inactive "for an indefinite period of time." Since Howard is a senior, that likely means he has played in his last game for the school. "He's not playing, we know that," Boeheim said during the press conference. "We practiced and there was an indication that would be the case." Howard's teammates apparently were unaware there was an issue involving Howard.

# **Disney, Twenty-First Century Fox merger done**

Walt Disney Co. closed its \$71 billion acquisition of Twenty acquisition of Twenty-First Century Fox Inc.'s film and television assets on Wednesday, giving its upcoming streaming service a range of popular content as it takes on Netflix Inc. The deal will expand Disney's portfolio of some of the world's most popular characters, uniting Mickey Mouse, Luke Skywalker and Marvel superheroes with Fox's X-Men, "Avatar" and "The Simpsons" franchises.

The streaming service, Disney+, aims to make up for the continuing loss of subscribers from ESPN and other cable networks. The completion of the Fox deal comes nearly a year after Disney won a bidding war against cable company Comcast Corp. for the assets. Separately, Fox Corp. debuted on the Nasdag on Tuesday and named former U.S. House Speaker Paul Ryan, Formula One Group Chief Executive Officer Chase Carey and two others to its board.

# McCains punch back at Trump Twitter tirade

The widow and daughter of John McCain on Wednesday criticized President Donald Trump and his online supporters for attacking McCain and his family. Speaking on Wednesday to an employee at an Ohio factory that makes military tanks, Trump again hammered McCain. "So I have to be honest, I've never liked him much," Trump said. "I really probably never will. But there are certain reasons

for it." Meghan McCain, the daughter of the late senator, spent the last few days defending her father and politely criticizing Trump. On Wednesday she said the president had reached 'a new, bizarre low attacking someone who is not here is a new low." She also said, "If I had told my dad ... he would think it is so hilarious that our president was so jealous of him that he was dominating the news cycle in death."

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# Kraft's legal team seeks to suppress evidence: Report

The 77-year-old billionaire is alleged to have received sex acts in exchange for money.

New England Patriots owner Robert Kraft is seeking to suppress video evidence that authorities assert supports the solicitation of prostitution charges filed against him, ESPN reported Wednesday.

ESPN investigative reporter T.J. Quinn said a motion filed Wednesday by Kraft's attorneys is intended to make sure the video, which he said has been described as "graphic and damning," never is released. He added it is a "warning shot" to prosecutors that Kraft's team will challenge that police had probable cause even to collect the video



New England Patriots owner Robert Kraft.

as evidence.

That news comes after a source told CNN on Wednesday that Kraft will reject a conditional plea deal offered by Florida prosecutors

to settle the case.

The Wall Street Journal reported Tuesday afternoon that prosecutors offered to defer prosecution for Kraft and the two dozen others.

er men arrested in the case, but any defendant who accepts the offer must admit that there is enough evidence to lead to a conviction at trial.

Additionally, any de-

fendant who accepts the deal must complete an education course about prostitution, perform 100 hours of community service, be tested for sexually transmitted diseases and pay court costs, according to the Journal.

Mike Edmondson, a spokesman for the Palm Beach County State Attorney's Office, told CNN the offer was standard for first-time offenders, and that none of the people charged had accepted as of Wednesday morning.

Kraft entered a not guilty plea after being charged with two misdemeanor counts of soliciting prostitution at a day spa in Jupiter, Florida. The 77-year-old billionaire is alleged to have twice visited the Orchids of Asia Day Spa in January and received

sex acts in exchange for money.

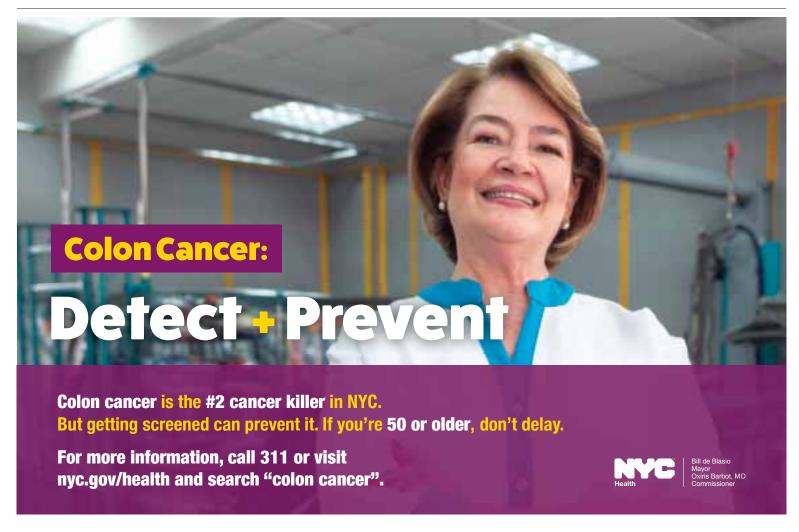
Jupiter police have said Kraft was caught on surveillance video on both occasions, Jan. 19 and Jan. 20.

Kraft is scheduled to be arraigned March 28 in Palm Beach County, Florida.

The charges came in a police sting that law enforcement said was aimed at stopping human trafficking through massage parlors in Florida

If Kraft chooses to go to trial and is convicted, he could receive one year in jail, a \$5,000 fine and 100 hours of community service. Edmondson told CNN, however, that those misdemeanor charges generally result in no more than a 60-day sentence in county jail.

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# **'Husband** from hell' part of Trump, **Conway hubby Twitter battle**

The tit-for-tat exchange between the president and George Conway continues on social media.

President Donald Trump refused to row back on his feud with White House aide Kellyanne Conway's spouse on Wednesday, calling George Conway a "husband from hell" and prompting Conway to renew his accusation that Trump was mentally unfit for office.

"The president seems determined to prove the point I've been mak-Conway told Reuters in response to the president's latest Twitter broadside.

Of all the brawls Trump has waded into, his back-and-forth with Conway, a lawyer who specializes in litigation, has been one of the more eyebrow-raising in Washington.

Trump relied heavily on Kellyanne Conway, a Republican longtime pollster and strategist, to help steer his presidential campaign to victory in 2016. She is a trusted member of his White House inner circle.

In a tweet, Trump wrote that George Conway was upset that he did not get a job in the Trump administration.

But the Washington Post quoted Conway who is with New Yorkbased law firm Wachtell, Lipton, Rosen & Katz — as saying he turned down an offer to head the Justice Department's Civil Division.

In a morning tweet, Trump wrote: "George Conway, often referred to as Mr. Kellyanne Conway by those who know him, is VERY jealous of his wife's success & angry that I, with her help, didn't give him the job he so desperately wanted. I barely know him but just LOSER & husband from

Asked about George Conway by reporters on the White House South Lawn on Wednesday, Trump used colorful lan-

guage.
"I don't know him. He's a whack job. There's no question about it. I think he's doing a tremendous disservice to a wonderful wife," he said.

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Donald J. Trump @ realDonaldTrump

George Conway, often referred to as Mr. Kellyanne Conway by those who know him, is VERY jealous of his wife's success & angry that I, with her help, didn't give him the job he so desperately wanted. I barely know him but just take a look, a stone cold LOSER & husband from hell!

Trump has been expressing irritation with George Conway since the lawyer's recent suggestion the president was suffering from a mental condition such as narcissistic personality disorder and was unfit to serve as president.

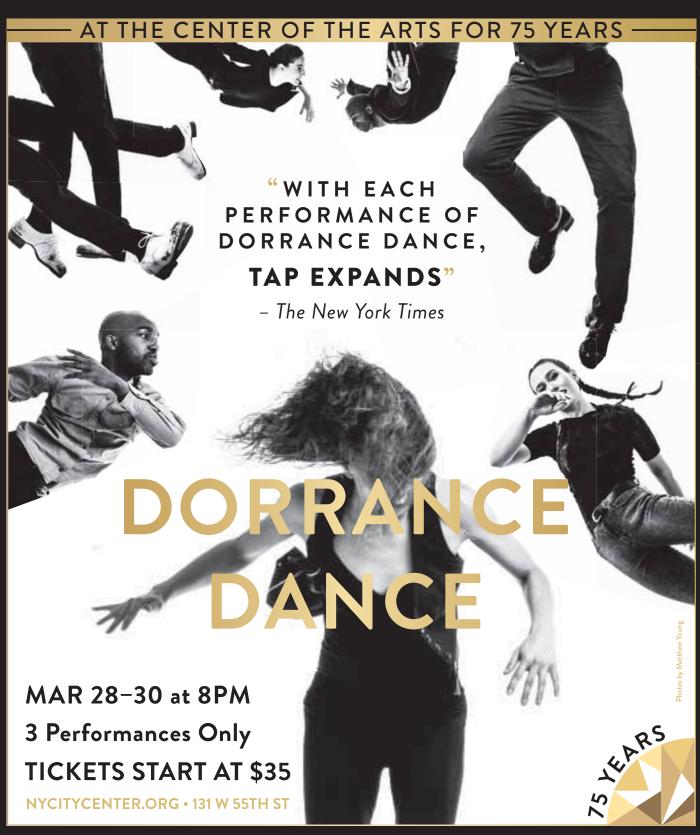
Conway on Wednesday posted a brief response on Twitter commenting on Trump's latest tirade: "You. Are.

Kellyanne Conway sided with Trump over her husband, telling Politico: "He [Trump] left it alone for months out of respect for me. But you think he shouldn't respond when somebody, a non-medical professional, accuses him of having a mental disorder? You think he should just take that sitting down?" REUTERS

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# Americans to bet \$8.5B on 'March Madness' tournament

One in five adults expected to place a wager — legally and illegally.

About 47 million people — one in five American adults — are expected to bet a combined \$8.5 billion on "March Madness," the annual men's college basketball tournament, according to a new report.

A plurality of bettors

— 29 percent — favor
Duke University's Blue
Devils to win, according to a report from the
American Gaming Association (AGA), a casino
industry group.

The National Col-

The National Collegiate Athletic Association's tournament to determine the Division I men's basketball champions begins on Tuesday and ends April 8 in Minneapolis.

This year is the first time the tournament will be held since a U.S. Supreme Court ruling in May 2018 allowed states to legalize, regulate and tax sports betting.

Eight states now offer legal sports wagers, including Nevada, which was never subject to a ban.

More than \$5.9 billion has been bet on sports in those eight states since the court decision, the AGA said in its report.

As the nascent legal U.S. sports betting industry expands, major events like the NCAA's March Madness are providing first glimpses of how many bettors may want to move from illegal to legal wagering, and how much money casinos, racetracks and bookmakers stand to make in the years to come.

Forecasts had suggested Americans would wager \$325 million this year on another traditionally huge betting event, the Super Bowl.

But the two biggest state markets so far — Nevada and New Jersey — fell short. Nevada handled just \$146 million of legal bets, an 8 percent drop from the previous year's record \$159 million.

A report from Eilers & Krejcik gaming analysts on Friday estimated that if all 50 U.S. states had legal online sports betting, sportsbooks would handle \$15.2 billion of total wagers just for March Madness alone, grossing about \$1.2 billion of revenue.

By March 2023, as many as 39 states could have legal sports betting, Eilers & Krejcik found.

As for this year, March Madness will likely generate \$4.6 billion of wagers from 40 million people betting with friends and colleagues through a total 149 million brackets, the AGA said.

The remaining \$3.9 billion of wagers will come mostly by way of illegal offshore websites and bookies, though 4.1 million people will also place legal bets through licensed casinos and sportsbook operators.

"These results indicate there's still work to do to eradicate the vast illegal sports betting market in this country," said AGA Chief Executive Officer Bill Miller in a statement. REUTERS



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# Why Aren't Doctors Telling Knee Arthritis Sufferers About These Two Often Successful Treatments?

## Two Advanced Medical Treatments Every Knee Arthritis Sufferer Needs To Know - Before Or After Knee Replacement Surgery

**NYC-If** you suffer with knee arthritis pan, you have probably already tried *many* treatments... especially countless pain medications. With minimal or no results

# Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis a lot of knee arthritis sufferers have never heard of.

# Before we get into the two treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated thousands of knee arthritis sufferers. Patients travel from all over the taistate to be treated at one of their clinics because they want the best medical treatments available.

What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

Know this fact: There is no cure for arthritis. But there are *these* two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

#### **#1 Viscosupplementation**

Here's what you need to know about viscosupplementation - the good and the bad....

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee. In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid"

Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementaiton treatments... doctors precisely inject directly into the knee joint.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

# What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

#### But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the formula will not get into the knee joint and the treatment will not work.

That's why the experts at *NYC Pain MD* use advanced digital imaging so they visually guide the injection accurately into the knee joint during the treatment.

Research shows that performing joint injections without imaging miss the joint as much as 30% of the time.

If you have had prior viscosupplementation without this special digital imaging without good results - this may be the exact reason why.

That's why NYC Pain MD even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

#### **Another Important Factor**

Viscosupplementation "medicines" also come in several different formulas.

Just like all medications, some people respond better to one than another. While many doctors only use one formula, the experts at NYC Pain MD use several and great effort is taken to figure out what the best one is for you.

#### What Should You Do If Viscosupplementation Fails?

#### #2 Radiofrequency Neurotomy

This treatment is called, "Radiofrequncy Neurotomy." RF for short

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "Genicular nerves."

Radiofrequncy waves are delivered to the Genicular nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (GRF) is performed for long term relief.

#### Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal *Pain* found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a post-procedure adverse event during the follow-up period. RF neurotomy of

#### Advanced Imaging Allows Doctors To Pin-Point Treatments And Relieve Knee Arthritis Pain



Science rescues knee arthritis sufferers? Research shows joint injections done without advanced imaging misses the joint about 30% of the time. Now doctors can put lubricating fluid directly into the arthritis joint that may alleviate pain and restore function to many.

Genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

# Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication, physical rehab or viscosupplementation do not offer good enough results.

RF may be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

But - RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure may be the only thing that helps and give you after surgery relief.

#### What To Do Next If You Are In Pain

NYC Pain MD offers a limited number of complimentary knee arthritis t screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at NYC Pain MD. If you would like to schedule a screening, just call 877-380-8537.

The screenings fill up fast every month. This screening is no cost and there absolutely no obligation.

More good news: for qualified candidates, insurances and Medicare often cover these treatments.



877-380-8537

# Nancy Pelosi and Mayor de **Blasio discuss American Dream and Promise Act**

Congress would provide a pathway to citizenship for "Dreamers.'

Speaker of the House Nancy Pelosi spoke during a conference to discuss the American Dream and Promise Act at the Tenement Museum on Wednesday in New York City. The new bill that Pelosi is trying to pass in Congress would provide a pathway to citizenship for "Dreamers," those brought to the U.S. illegally as children, and would also allow some immigrants with temporary protected status (TPS) to apply for permanent legal status. ALL IMAGES GETTY IMAGES



# Asylum seekers to be returned to Mexico plead to stay

Three asylum seekers due to be returned to Mexico after appearing in U.S. immigration court asked officials to let them stay in the United States because they feared for their safety while waiting out the process in Mexico.

The requests are a new approach by migrants in response to President Donald Trump's recent policy that requires people seeking protection in the United States to wait for their U.S. court dates in Mexican border towns, part of his hardline stance to halt migration.

Some 240 people including families have been returned to Mexico since late January under the program, dubbed Migrant Protection Protocols (MPP), according to U.S. officials.

Six Central American migrants who crossed



from Tijuana through the San Ysidro port of entry had their cases heard at a San Diego courthouse in the program's first day of hearings on Tuesday. All were told to return to Mexico.

Robyn Barnard, a lawyer from the nonprofit group Human Rights First, said she asked officials to let her two Honduran clients stay in the United States. Both are afraid of returning to Tijuana to wait for their next hearings in early August. REUTERS

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Unit Size	(AMI)	Monthly Rent <sup>1</sup>	Units Available	Household Size <sup>2</sup>	Annual Household Income <sup>3</sup> Minimum – Maximum4	(AMI)	Monthly Rent <sup>1</sup>	Units Available	Household Size <sup>2</sup>	Annual Household Income <sup>3</sup> Minimum – Maximum4	(AMI)	Monthly Rent <sup>1</sup>	Units Available	Household Size <sup>2</sup>	Annual Household Income <sup>3</sup> Minimum – Maximum4
Studio	핗	\$462	1	1 Person	\$18,240 - \$29,240	闄	\$605	1	1 Person	\$23,143 - \$36,550	핗	\$748	8	1 Person	\$28,046 - \$43,860
1 Bed	INCOL	\$590	4	1 Person	\$22,800 - \$29,240	INCO	\$769	4	1 Person	\$28,938 - \$36,550	\$948	41	1 Person	\$35,075 - \$43,860	
I beu	2		"	2 People	\$22,800 - \$33,400			4	2 People	\$28,938 - \$41,750			2 People	\$35,075 - \$50,100	
	A	\$718		2 People	\$27,326 - \$33,400	- \$37,560	\$933		2 People	\$34,698 - \$41,750	A			2 People	\$42,069 - \$50,100
2 Bed	밑		2	3 People	\$27,326 - \$37,560			3	3 People	\$34,698 - \$46,950	/ED	\$1,148	18	3 People	\$42,069 - \$56,340
	=			4 People	\$27,326 - \$41,720				4 People	\$34,698 - \$52,150	_			4 People	\$42,069 - \$62,580
	40% ARE			3 People	\$31,543 - \$37,560	IREA			3 People	\$40,046 - \$46,950	% AREA			3 People	\$48,549 - \$56,340
3 Bed		0001		4 People	\$31,543 - \$41,720	1%			4 People	\$40,046 - \$52,150		<b>61 017</b>	13	4 People	\$48,549 - \$62,580
3 Beu		\$821	'	5 People	\$31,543 - \$45,080	20%		'	5 People	\$40,046 - \$56,350	%09	\$1,317		5 People	\$48,549 - \$67,620
				6 People	\$31,543 - \$48,400				6 People	\$40,046 - \$60,500		1 '		6 People	\$48,549 - \$72,600

Unit Size	(IMI)	Monthly Rent <sup>1</sup>	Units Available	Household Size <sup>2</sup>	Annual Household Income <sup>3</sup> <i>Minimum – Maximum4</i>	(AMI)	Monthly Rent <sup>1</sup>	Units Available	Household Size <sup>2</sup>	Annual Household Income <sup>3</sup> <i>Minimum – Maximum4</i>	
Studio	E (A	\$934	1	1 Person	\$34,423 - \$65,790						
1 Bedroom	COM	\$1.360	22	1 Person	\$49,200 - \$65,790	OME	\$1,539	2	1 Person	\$55,338 - \$80,410	
i beuroom	Š	\$1,300		2 People	\$49,200 - \$75,150	Ŝ			2 People	\$55,338 - \$91,850	
	Z			2 People	\$59,006 - \$75,150	AN	\$1,856	2	2 People	\$66,343 - \$91,850	
2 Bedroom	DIA	\$1,642	14	3 People	\$59,006 - \$84,510				3 People	\$66,343 - \$103,290	
	Ξ			4 People	\$59,006 - \$93,870	Σ			4 People	\$66,343 - \$114,730	
	AREA			3 People	\$68,126 - \$84,510	W		2	3 People	\$76,629 - \$103,290	
3 Bedroom		\$1.888	_	4 People	\$68,126 - \$93,870				4 People	\$76,629 - \$114,730	
3 Deulooili	%06	\$1,000	9	5 People	\$68,126 - \$101,430	100			5 People	\$76,629 - \$123,970	
	0,				6 People	\$68,126 - \$108,900	<u> </u>			6 People	\$76,629 - \$133,100

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application by mail, send a self-addressed envelope to: Wilfrid East & West c/o Wavecrest Consulting LLC, 87-14 116th Street, Richmond Hill, NY 11418. Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

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#### What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

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# Labrador retriever fetches top US dog breed honor for record 28th year

The Yorkshire terrier dropped from ninth to 10th in ranking.

The loyal and dependable Labrador retriever hung on for the 28th year in a row to the title of America's most popular dog in 2018, the American Kennel Club said on Wednesday.

The top 10 dog breeds in the United States in 2018 remained unchanged from last year except for the rise of the German shorthaired pointer and the decline of the Yorkshire terrier, which swapped ninth and 10th ranks, said the AKC, the world's largest purebred dog registry, based in New York City.

After the Labrador, America's nine most popular dogs in 2018 in descending order were the German shepherd, golden retriever, French bulldog, standard bulldog, beagle, poodle, rottweiler, German shorthaired pointer and Yorkshire terrier, according to the organization that registers more than 1 million dogs and litters a year.

'Labs make wonder-

ful companions - very intelligent, friendly and great with children," AKC Executive Secretary Gina DiNardo said in a statement.

The ranks are based on AKC registrations, with the Lab the most registered canine in 2018, said AKC spokeswoman Jessica Rice D'Amato.

"Labs make wonderful companions very intelligent, friendly and great with children."

Gina DiNardo, AKC executive secretary

The Labrador's 28year run as most popular U.S. dog breed eclipses the prior 22-year record held by the poodle in the 20th century.

The Labrador's popularity comes despite a dearth of prestige in the AKC's show circuit. In 143 years of competition, a Lab has never won Westminster Dog Show's revered Best in Show grand prize.

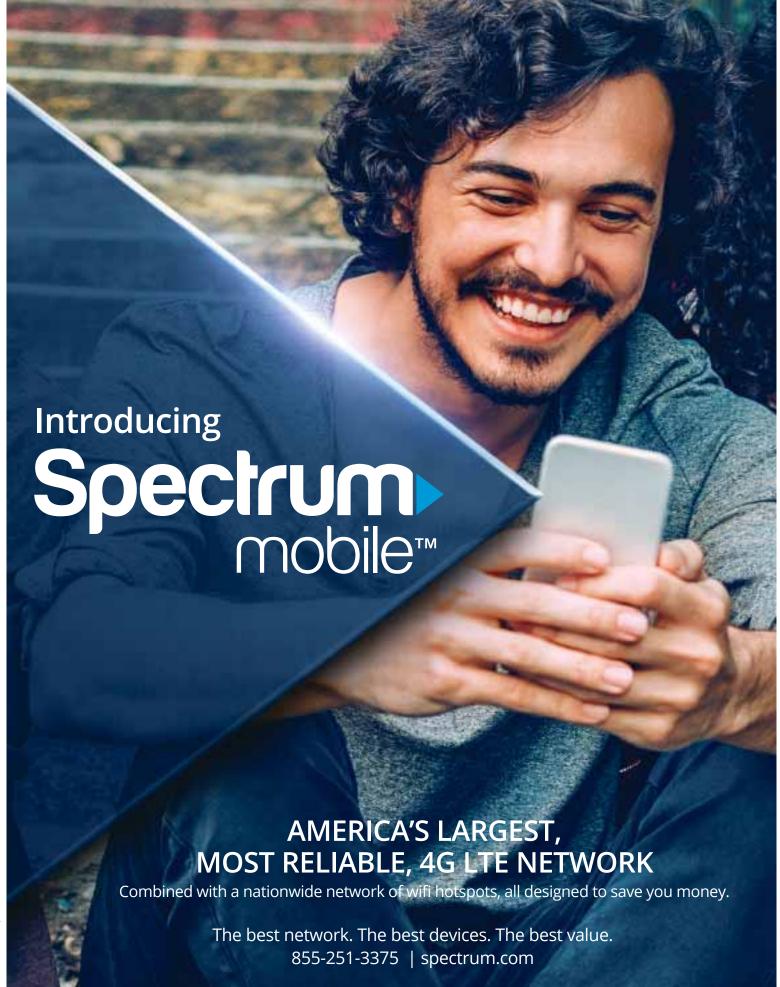
Still, their outdoorsy physique and familypersonality

make them highly desirable as models for everything from pharmaceutical advertisements to Ralph Lauren fashion shoots, said Cat Long, co-founder of All Creatures Great & Small, a professional animal talent agency in New York. "They are in demand

for modeling, yellow and chocolate being the two favorites," Long said.

"They are a classic, traditional, American dog. They are known to be loyal, great family dogs, gentle, smart, trainable, an incredibly well-rounded dog."

This week, pawed their way into a fresh piece of history, escorting the first blind runner to complete the New York City Half Marathon without any human help. A relay team of three Labrador guide dogs ran along with Thomas Panek in the 13.1-mile race on Sunday, each dog running 3 to 5 miles. The starter was a black Lab named Westley, followed by his yellow Lab sister Waffles with another yellow Lab Gus crossing the finish line.



13 New York Thursday, March 21, 2019



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# **Prescriptions for** healthy food might save lives, money

A study found Medicare and Medicaid recipients might benefit from lower risk of chronic illness and costs of care.

Healthy food prescriptions written for Medicare and Medicaid beneficiaries might lower the risk of costly chronic illnesses, such as diabetes and cardiovascular disease, and at the same time lower the costs of care, a new study suggests.

The prescriptions would even come with a 30 percent discount on foods, including fruits and vegetables.

Using computer models, researchers calculated that healthy food prescriptions could prevent as many as 3.28 million cardiováscular such as heart attacks and strokes, and save as much as \$100.2 billion in health care costs, according to the study published in PLoS Medicine.

People included in the simulations were between 35 and 80 years old and were enrolled in Medicare and/or Medicaid.

As part of the modeling, the researchers used data from the three most recent National Health and Nutrition Examination surveys, as well as from published sources and meta-analyses which demographic information, dietary intakes, policy effects, dietdisease effects, policy costs and health care costs.

Several assumptions were made in the modeling, including an estimate of the impact of a 30 percent discount on patient shopping habits.

When the researchers ran their model with a prescription for fruits and vegetables, they estimated that 1.93 million cardiovascular events would be prevented and \$39.7 billion would be saved. When they ran it with the broader prescription for healthy foods, they estimated that 3.28 million cardiovascular events and 120,000 diabetes cases would be avoided and \$100.2 billion would be

"It's exciting that we are finally having a conversation about this because it needs to happen."

Dr. Mylynda Massart

"Our findings support the implementation and evaluation of healthy food prescriptions ... to improve the diet and health of Americans," said researcher Yujin Lee, a postdoctoral fellow at the Friedman School of Nutrition Science and Policy at Tufts University in Boston.

"We found that partial coverage of the cost

of purchasing fruits, vegetables, whole grains, nuts/seeds, seafood and plant oils in Medicare and Medicaid would be highly cost-effective - about the same cost-effectiveness as drug treatments for high cholesterol or high blood pressure," Lee said.

Dr. Mylynda Massart welcomed the new find-

"It's exciting that we are finally having a conversation about this because it needs to happen," said Massart, director of the Primary Care Precision Medicine Clinic at the University of Pittsburgh Medical Center. "It would be so great to see money invested in an intervention that could make a difference in quality of life and in reducing disease burden and potentially

While the study findings are based on a model rather than an actual trial, "it may convince people to put money into research studies on actual people in real communities," Massart said. "This is part of the whole concept of precision medicine. People are born with a genetic predisposition for diseases that interacts with environmental exposure. Often the risk factors are modifiable."

Massart said she would enthusiastically embrace the concept if it could be proven in trials. "I'd much rather prescribe a cucumber over a pharmaceutical any day," she added. RELITERS



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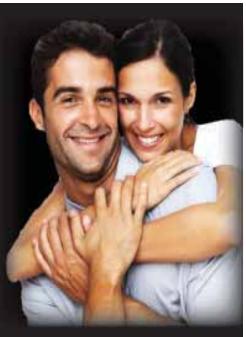
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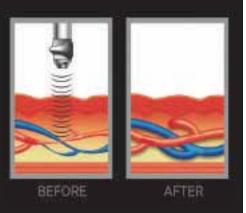
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Pat King Grumble Editor

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— "Angry Flower-child," *Metro* US reader

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**Aries** Emotional situations will escalate if you aren't reasonable. Think twice before you make an assumption about something that may not be as it appears. Offer peace, not conflict.



**Libra** Share your feelings with a loved one. Changing your direction or working to make positive changes will ease stress and lead to better health.



**Taurus** Energy, unique ideas and ambition will lead you to the winner's circle. You'll drum up the help and support you need if you present your case to someone influential.



**Scorpio** A disagreement will escalate quickly. Be reasonable, but don't tolerate bad behavior or an ultimatum. Give the situation a chance to dissipate. Retreat and do your own thing.



**Gemini** Be careful what you agree to as well as who you ask for help. Offering too much personal information will put you in a vulnerable position. Proceed on your own.



**Sagittarius** Dream big, but be practical. An encounter with someone from your past could turn sour if one of you is holding a grudge.



Cancer Your insight will help you avoid an emotional dilemma. Common sense and a good understanding of what's going on around you will lead to a wise decision.



**Capricorn** Make positive changes at home. Clear a space that you can use to develop some of your ideas and plans. Ambition and progress are highlighted.



**Leo** Expand your interests, but don't break the bank. A social event will lead to an interesting encounter with someone who gets you thinking about getting healthier.



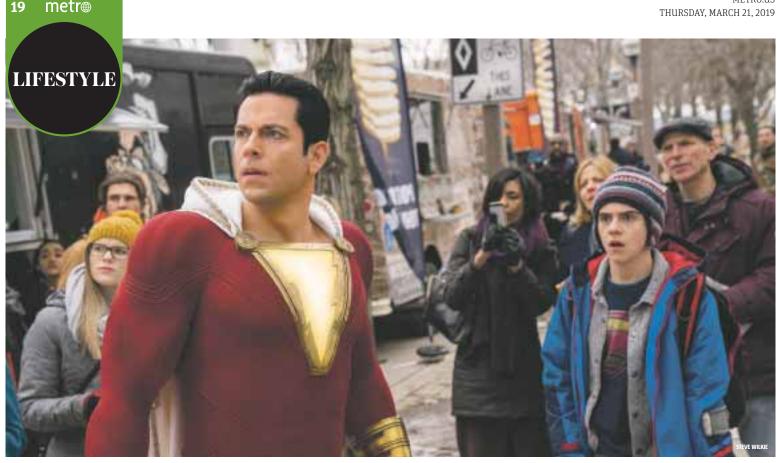
**Aquarius** You'll be tempted to take on too much. Injury and insult are looming if you get into a disagreement or take on a physical task that is risky or unsafe.



**Virgo** Get involved in exploring new interests and updating your skills. Talking to an expert will give you a different perspective regarding your



Pisces Secrets will be revealed if you share personal information. Be a good listener and observer to maintain the upper hand. Don't get involved in gossip or meddling. BUGENIA LAST



# Zachary Levi and Mark Strong talk about joining the superhero world in DC's 'Shazam!'

The new superhero film will be released in theaters April 5.

PAT KING

The number of superheroes in film today makes it a pretty crowded field. Both Marvel and DC have been introducing new characters and interpretations of their comics to a new generation of fans in what is arguably the golden age of superhero films. On April 5, DC will unleash its brand-new entry to the cannon as Zachary Levi will suit up as Shazam.

The film follows a young orphan named Billy Batson, played by Asher Angel, as he gets taken in by a new foster family. He becomes fast friends with his new brother Freddy Freeman, played by Jack Dylan Grazer, who is a superhero fanatic, collecting both Batman and Superman artifacts and memorabilia. Batson quickly becomes familiar with the world of superheroes as he is all of the sudden transported into a myste-

rious dimension and given powers by an ancient wizard.

These powers give Batson the ability to switch into a grown-up superhero body (played by Levi) just by shouting the word "Shazam!" Once he has taken that form, Batson possesses superhuman strength, can conjure up lightning bolts through his fingertips, and fly. Or at least, he hopes he can fly?

Being a kid in a grownup's body is a dream part for Levi, as he believes it's not too far from the truth. And that's why he believes Shazam is his favorite superhero - even if he is a little bit biased.

"How can he [Shazam] not be your favorite?" Levi asks. "Besides the fact that I'm biased, he is the kid in all of us that gets to save the world. He's me living out my wish fulfillment! I get to have fun, and I don't have to be brooding. I don't have to hold in all of the enthusiasm that I think a lot of other actors have to hold in. They have to be cool. I don't

have to do that, I get to genuinely take all of that enthusiasm and do it."

Director David Sandberg knew right away that this was the part that Levi was born to play. "It was when we saw his audition tapes that we figured it out," Sandberg remembers. "The common thread with adults trying to be kids is that they dumb it down or they lower their IQ. But Zach has this very childlike enthusiasm. That excitement, it makes him feel like an actual child, not someone who's trying to be a child, because he is basically a child."

While Levi may be having all of the fun, his antics are only heightened in comparison to the steely-eyed villain Dr. Sivana, played with pitch-perfect menace by the British actor Mark Strong. In fact, unlike many supervillains in these franchise films, Strong's performance is closer to that of a straight man opposite Levi.

"I quickly realized that there was so much



Mark Strong and Zachary Levi. GETTY IMAGE

fun and humor to be had in that story, that trying to make him funny was going to be the wrong move," explained Strong. "There's a couple of wry lines, I actually thought we're going to get a big laugh and they don't, because people are so protective. The audience felt very protective of the kids, and playing the bad guy is a great thing, but it surprised me. So yeah, I think being the straight man to the comedy was the right way to go with

For Levi, all of his years of being a fan first couldn't have prepared him for when he had to actually suit up as a superhero himself.

"Oh, it was crazy," Levi recalls. "It was all of my dreams coming true, and now I'm literally staring at them, at myself. I'm wearing my dreams. It's a very surreal moment. It was very humbling, because I know my journey. I know all the things I've gone through in my life, and the dark moments

and almost giving up and retiring from [the] business. There's been a lot of different things that could have gone a different way [where] I didn't end up in that suit. And so for all that to happen... I mean, I was putting the suit on — I had just got the job, I think it was like two days later I was getting fitted for the costume for real - and I knew that I had been hired. I mean, clearly that's why I was putting the suit on. But in the back of my mind I was like, they're not going to change their minds, are they? Like, please don't change your mind. So it was all of that. It was all those emotions. But the one I feel most intensely is just gratitude. To get the opportunity to be in a movie like this and the movie turn out the way it did. That people feel the joy and the heart and the fun, which I think is lacking in a lot of the entertainment that I think we could use in the world right now. It's all just super groovy.'





# Open that door? Netflix explores choose-your-own horror, romance

A Netflix Inc. experiment that began with viewers picking a movie character's breakfast cereal may expand to letting the audience choose the best on-screen date or the safest path to escape an ax murderer.

world's largest streaming service wants to try out more interactive entertainment following the response to science-fiction movie "Black Mirror: Bander-snatch," executives told reporters this week.

The company is looking for possibilities across genres such as comedy, horror and romance, said Todd Yellin, Netflix's vice president of product.

Why can't you have a romantic title where you get to choose who she goes out with?" Yellin said. "Or horror titles. Should you walk through that door, or should you dive out that window and get the heck out of there? You can make the choice."

"Bandersnatch," the first decision viewers could make was whether a character would eat Sugar Puffs or Frosties for breakfast.

The idea was to give audiences a simple choice to encourage them to test the technology, which involved clicking via a remote or tapping on the screen to select an option. The movie kept playing even if the viewer did not choose.

The cereal scene became an internet sensation when "Bander-snatch" was released last December.

"Like many of you, I got addicted to 'Bandersnatch' and trying to figure out what's the significance of the cereal, and not the cereal, all the different options,' Netflix Chief Executive Reed Hastings said.

The film provided feedback about how long people want to engage with interactive programming and how many choices they want to make, Hastings said. After the cereal decision, viewers selected things such as the type of music a character would play

or whether they would jump off a building.

When viewers direct a story, they feel "really with the character," Yellin said. "You are more viscerally feeling what they are feeling. You just made the choice for them."

That is why Yellin wants to try the format in other stories where characters face immense consequences. "Horror is life-and-death situations constantly," he said. And in romances, "the emotional stakes are high."

Yellin said the effort is in its early stages, and

Hastings suggested he does not see interactive entertainment replacing traditional storytelling.

"I don't know if I would do it every day,' Hastings said, "but as part of my viewing, it's pretty exciting."

Netflix already has produced a handful of interactive shows for kids, who were immediately receptive to the idea, Yellin said.

"Kids don't have established rules," he said. They assume that's the way the world should be and they'll try it."





# 'Stranger Things 3' game coming July 4

"Stranger Things 3: The Game" is coming out July 4, Nintendo announced Wednesday.

The retrostyle game covers the events of season 3 of the popular Netflix original show. It's no coincidence, too, that the game will be released on the same day the third season premieres.

The game was announced back in December by the Duffer brothers themselves The Game Awards. While it was known then that the game is coming to not only the Nintendo Switch, but also Xbox One, PlayStation 4, Mac and PC, we did not have a release date more detailed than sometime in 2019.

The game will allow both single player and co-op, and give players the chance to explore Hawkins for themselves.

"Play through and delve deeper into the events of 'Stranger events of 'Stranger Things 3' in a retro-style adventure game from BonusXP," a press re-lease stated. "Explore Hawkins, solve puzzles and team up with a friend in local co-op to battle the emerging evils of The Upside Down as one of 12 playable characters from the hit original series."

The new release date of July 4 comes courtesy of the Spring 2019 Nindies Showcase, which Nintendo revealed new details about upcoming games. New game announcements were also made on Wednesday, including the announce-"Cuphead" ment of making its way to the Nintendo Switch, along with "Vlambeer Arcade" and more. LIZ LANIER





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# Jay-Z, Miley Cyrus, The Killers among Woodstock 50 lineup

Rapper Jay-Z, singer Miley Cyrus and rockers The Killers are among the stars booked to perform at an event marking the 50th anniversary in August of the Woodstock festival, one of popular music's most historic moments.

Woodstock 50, which will be held Aug. 16-18 in Watkins Glen in upstate New York, 150 miles away from the site of the original festival, will also feature the likes of Imagine Dragons, Chance the Rapper, The Lumineers and

Janelle Monae.

Some veterans of the 1969 festival - John Fogerty, Canned Heat and Santana — will also perform, according to the event's website.

Billed as "three days of peace and music, the Aug. 15-18, 1969,

Woodstock festival saw the likes of The Who, Jimi Hendrix and Janis Joplin take the stage before around 400,000 people, an event that became synonymous with the 1960s counterculture and anti-war movement.

On her Instagram page, Cyrus posted: "It's Woodstock's 50th and I'll be there! Come party! I perform on Friday! which means I got the whole rest of the weekend to RAGE!"

The 1969 concerts were held on a dairy farm in Bethel, New York.

The Bethel Woods Center for the Arts, which owns the historic site, previously announced a separate Aug. 15-18 event marking the anniversary.

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# The fight against erectile dysfunction

Don't worry. It happens. But there are ways to stop it! By Pat King

Many men deal with the awkward physical disability commonly known as erectile dysfunction. As a matter of fact, it may be a more common drawback for more men than you may think. According to a study conducted by the Cleveland Clinic, roughly 52 percent of men experience erectile dysfunction

day-to-day lives, with 40 percent of men age 40 experience it and 70 percent of men age 70. So what are some ways that you can combat this ... gulp... disappointing condition that affects so many men in the bedroom?

#### Eat and live right

As with many ailments, erectile dysfunction can be closely related to how much you exercise and how well you eat on a daily basis.

In a nutshell — by getting the right amount of cardio during the week, you will maintain a lower blood pressure which can help you to achieve healthier erections when it matters the most.

Eating right can also contribute to lowering your blood pressure with food like dark chocolate, pistachios, and watermelon all linked to lowering cholesterol and increasing the blood flow in the right areas. Some bad news for those who like the drink a few cocktails from time to time however is that drinking to excess has historically been linked to cases of erectile dysfunction. So try to cut back if you want to see improvements down there.

The importance of a healthy diet cannot be overstated in cases of erectile dysfunction as WebMD found It is estimated that around "35-75% of men with diabetes will experience at least some degree of erectile

dysfunction during their lifetime." On top of that, men with diabetes will develop ED 10 to 15 years before men without diabetes.

#### Cut out the problem at the root

While many pills and contraptions have been touted as the end all be all cures of this worrisome condition. few have produced the same exciting restorative results as the ErectionWave treatment. Created by board certified urologist, Dr. David Shusterman, this new innovative treatment has taken a different approach to this issue than, say, swallowing a couple viagras on a nightly basis. The most exciting aspect of this treatment is that it actually works to cure the real issues behind ED and not offering a temporary solution. By directing high frequency rays towards blood vessels that have been blocked, ErectionWave treatment will increase blood through these pathways to allow for stronger and longer lasting natural erections without the assistance of pills or useless penis pumps.

Another more direct erectile dysfunction cure is known as the Priapus Shot — or otherwise known simply as the "P-shot". This completely pain-free shot has been known to not only increase sex drive but increase the overall penis size to 3.5 centimeters. The shot gets these results by by kickstarting a man's own growth factors in his blood to recruit his body's own stem cells down to the penis causing quicker regeneration of tissue and blood vessels.

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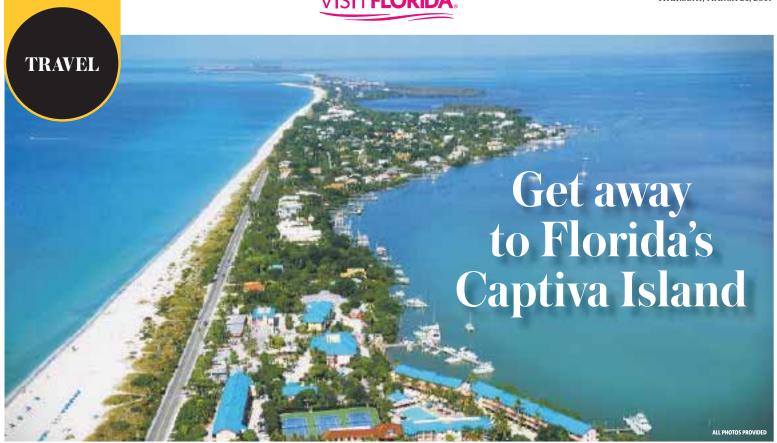
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Captiva Island is a gateway to the Florida outdoors — biking, sailing, birding and water activities abound. A sliver of land nestled against the state's southwest coast, Captiva Island has a slightly off-kilter and almost magical feel. You might discover a giant frog, a restaurant

metr⊕

where it's Christmas all year long or even a tiny starfish.

'Tween Waters Inn Island Resort on Captiva Island boasts 13 picturesque acres, including an extensive stretch of sugary, white-sand beach — named "America's Most Romantic Beach" by Travelocity. The resort's rooms are comfortable and cozy, and the amenities are abundant. But most visitors come to 'Tween Waters for the miles of pristine beaches on its Gulf of Mexico side. Captiva Island has some of the best shelling beaches in the world. It's common to

see guests bent in the "Captiva Crouch" on the sand, searching for the perfect specimens for hours on end.

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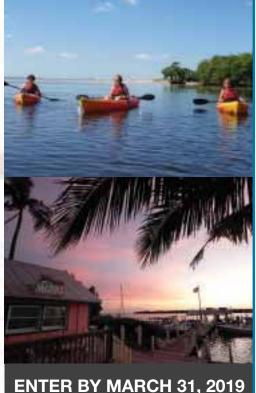
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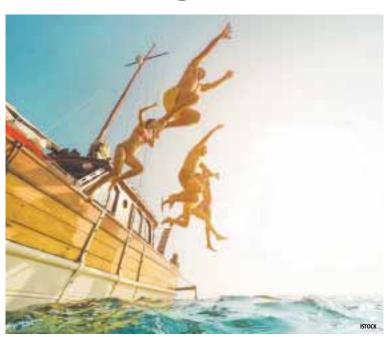




In Florida, even winter is packed full of moments of sunshine. With more than 825 miles of beaches, thousands of spas and endless ways to enjoy nature's beauty, the Sunshine State is your perfect escape. 26



# Cost-cutting travel tips to bring together faraway friends







personal finance website.

Getting old friends back together to share a vacation is a great way to catch up and build new memories.

However refreshing these vacations may be, they can also get costly. Airfare, lodging, dining out and all of the extras can add up to thousands of dollars.

With some simple tips — and a bit of research — you can trim costs from each part of the trip. Here's how to plan a budget-friendly vacation with faraway friends.

#### Know your travel budget

First, get your financial house in order. That means drafting a travel budget. Know how much you can spend and hold yourself to that. This will keep you focused while planning.

Tinker with timing Coordinating schedules and itineraries is tough. If you and your friends stay flexible, though, you can book a cheaper vacation and avoid crowds.

Travel in "shoulder" seasons: Spring break, Thanksgiving and New Year's Eve may seem like no-brainer opportunities. But these busy travel seasons can cost you hundreds of dollars more for flights and lodging.

To avoid the crowds and cut costs, try traveling in what's known as "shoulder season," or off-peak season. A trip to Florida in May, for example, could be less expensive than traveling during the height of spring break season.

Make your own extended weekend: By taking off a Friday and a Monday, your group can get a four-day vacation. Planning around federal holidays can be a way for your friends to find a time that works for them, says Erika Richter, communications director for the American Society of Travel Advisors. You might spend a little more than in the offseason, but it can make setting a date easier.

"These holidays can be an easy way to align everyone's schedules," Richter says. "Depending on the destination and the time of year, you might be right on par with the shoulder season."

#### Find a middle ground — literally

For plans with friends scattered across the country, try meeting at an airline hub city. That almost guarantees you'll be able to get there with only one flight. And you likely will be able to find affordable fares, given the volume of air traffic.

# Try one of these cities: Atlanta: A city rich with Southern culture

with Southern culture, Atlanta offers a wide variety of attractions, including the King Center, the High Museum of Art and the Atlanta Botanical Garden.

Chicago: This vibrant city comes alive with street fairs during the summer. Chicago can be an affordable destination, since it has one of the busiest airports in the world and flights tend to be cheaper than when flying to a smaller city.

Denver: Great for a winter getaway, there are loads of ski resorts near Denver. For those more après-ski-inclined, the city has many breweries to explore.

"The most important thing to keep in mind when you're trying to save money on travel is that you should try to be flexible about your destination," says travel writer Holly Johnson. "Keep your options open and compare prices in a few different destinations, and you'll have a much better shot at saving big."

#### Price compare

Online shopping makes trip planning more accessible and affordable, but it's not always the best deal. Compare prices on assembling the trip yourself, using a travel advisor itinerary and package deals.

DIY: Google Flights,
Hopper, Expedia —
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endless number of companies vying to book
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experience. Use these to
your advantage to track
flight prices, compare
hotels and organize day
trips. If you have a travel
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if your points will cover
some costs.

#### Travel advisers

The refreshed name of travel agents for the millennial era, travel advisers are another resource. An advisor will take your general itinerary and put together a quote for you, often for free. Since they have insider access to flight prices, hotel packages and more, they may be able to get you a deal. If you get the quote and it's not a fit, go with your own plan.

Package deals: Some resorts have all-inclusive packages that include lodging, food and drink. Similarly, some airlines will bundle flights, hotels, and car rentals. Price compare those against what you would spend on your own.

#### Take turns

One simple way to reduce travel costs is by cutting the amount of travel in your group. Taking turns gathering in one another's home cities is one way to do this.

If you're all on tight budgets, this can help minimize costs, especially if you split the costs of travel, like going 50/50 on airfare. Decrease costs further by crashing at one another's places when you visit. That gives you more money to spend on experiences when you're together. SEAN PYLES



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**PANTORNO** @JoePantorno 'm up most weekday mornings around 5 AM ET, which somehow makes me the sleepy head of the household as everyone else is either getting ready for work or either out the door. Regardless, I have a pretty set system before making the trek from Long Island into Manhattan: force myself out of bed, go to the

As I was forcing myself awake Wednesday morning I turned on ESPN, which is generally a mistake, to find out that they were showing a replay of a Mariners, Athletics game. No highlights from the sporting world last night? Really?

It was only when I achieved total consciousness that I realized that this wasn't a replay, but the first game of Major League Baseball's regular season between Oakland and Seattle, being

I have some issues

First of all, the league

this game, which is par for the course. Had I not haphazardly turned on the television, there is no way I would have realized the 2019 season was underway until I saw the highlights start rolling in.

The Mariners won 9-7, by the way, in case you were wondering.

If this was the NFL or NBA, we'd be seeing long-form segments with movie-star narrations on ESPN or commercials every other six minutes two months leading up to this game. Just look at the production value on some of these TV spots advertising a regular-season basketball game. It's incredible.

Yet baseball — our national pastime - continues to make little to no efforts to market 90-percent of its teams and a majority of its stars. I should be seeing images of Mike Trout and Mookie Betts on every street corner in New York City.

Instead, I'm stumbling upon the first game of the season at 5:15 in the morning.

And talk about alienating a majority of the fan base with this. Major League Baseball sent two west-coast teams over to Japan for this two-game series in the Mariners and Athletics, meaning fans had to wake up at 2:30 AM PT just to see their favorite teams start the season.

Plus, there's something sacrilegious about starting an MLB season in Japan, a baseball-wild country that has a league of its own to enjoy.

Major League Baseball has done this before. In fact, starting in 2000, they opened the regular season in Japan ever four years until 2012. In 2014, they took the Los Angeles Dodgers and Arizona Diamondbacks and banished them to Australia to start the season.

I understand if there is a feeling of need to grow the game of baseball and increase its international presence much like the NFL and NBA have done over the years. However, it should be an exhibition game or any other regular-season series from April to July before the All-Star break. We don't need secondhalf games, which carry a little more clout, being shipped away from the States forcing teams to lose out on valuable home games.

Opening Day is just too sacred.

Look, if archaeologists or anthropologists 2,000 years from now stumble upon the ruins of the United States and attempt to study its culture, I believe there will be four things that will be seen as the country's greatest contributions:

1) The Constitution

2) Capitalism 3) Jazz

4) Baseball

The game was created here, perfected here, grown here. It's just not right going to another country and placing one of the most hallowed days in sports, Opening Day, overseas. That's right, Opening Day should be a national holiday, but that's another column for another time.

I'm a firm believer that Opening Day should feature just one game, which the league got right at least in this instance. However, every single year, it should be held in Cincinnati.

Wait, Cincinnati? Yes, especially this season.

Cincinnati is one of the most historic baseball cities in the United States and the Reds are celebrating accordingly, marking the 150th anniversary of professional baseball in the Queen

The Cincinnati Red Stockings, founded in 1866, became baseball's all-professional team in 1869 where they boasted some of the game's first pioneers in brothers George and Harry Wright. The Red Stockings won 130-consecutive games from 1869-1870 before a loss to the Brooklyn Atlantics saw ticket sales drop so low, the team was forced to dissolve.

The original Wright brothers took the name Red Stockings, moved to Boston and started a new club there. That team now is the Atlanta Braves.

Five years later in 1876, a new version of the Red Stockings returned to Cincinnati and became a charter member of the National League only to disband three years later. They once again returned to the American Association in 1882 before jumping back to the National League in 1890 where they've remained.

Acknowledging its historical importance to the game, the powers that be always made sure that the first pitch of the new baseball season from 1876-1989 was thrown in Cincinnati (if there was a team). For some reason.

It's only fitting to kick off the season in Cincinnati once again, even if it's just for this vear.



# MLB GETS OPENING DAY WRONG IN JAPAN



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THURSDAY, MARCH 21, 2019

# Nets comeback was vital with brutal slate ahead

Hanging on to a playoff spot, the Nets have the toughest remaining schedule in the NBA.



JOE PANTORNO joseph.pantorno@metro.us

The Brooklyn Nets continue to hold on to one of the final playoff spots in the Eastern Conference.

With nine games left to play, they held a 1.5-game cushion over the Miami Heat for the No. 7 spot and a three-game lead over the Orlando Magic, who are in ninth and on the outside looking in.

Should the Nets hold on and qualify for the postseason for the first time since 2015, Tuesday night is going to be a benchmark moment.

The Nets overcame a 28-point third-quarter deficit to defeat the Sacramento Kings, 123-121,



D'Angelo Russell dropped 44 points in the Nets' come-from-behind victory on Tuesday night in Sacramento. GETTY IMAGES

a historic victory considering three teams since the shot-clock era have won a game in which they've trailed by 25 or more points during the fourth quarter.

They were willed to victory by their star point guard, D'Angelo Russell, who continues his ascension to premier status in the NBA as he dropped 27 of his 44 points in the fourth quarter.

It was the third time this season that Russell hit the 40-point mark, an output he had attained just once before during his first three seasons in the NBA.

Imagine how far a little patience would have gone for the Los Angeles Lakers instead of jettisoning Russell after some early struggles. Maybe they'd be a playoff team considering the all-world superstar in LeBron James couldn't

do it on his own.

Russell's heroics along with Rondae Hollis-Jefferson's gamewinning layup with 0.8 seconds left snapped a three-game losing streak for the Nets, a muchneeded victory to stay semi-comfortable in the playoff picture.

It was also necessary to nab a "W" because the Nets' remaining schedule is as brutal as they come. In fact, it's the toughest remaining schedule in the league.

Of the nine games left in the regular season, the Nets will be facing playoff teams in eight of them. The lone exception? LeBron and the Lakers on Friday night.

After that, they play the top four seeds in the Eastern Conference in the Milwaukee Bucks (twice), the Philadelphia 76ers, Toronto Raptors, and Indiana Pacers. Their "reprieve" comes in the form of a matchup with the Heat, who will be keen on snagging

the seventh seed from Brooklyn, and the Western Conference's No. 4 seeded Portland Trail Blazers.

If the Nets are going to clinch a playoff spot in the next two weeks, they will certainly have to earn it.

#### TOUGHEST REMAINING SCHEDULE IN NBA

<b>NETS</b> .622	WIN%
<b>HAWKS</b>	608
<b>CAVALIERS</b>	572
THUNDER	571
T'WOLVES	567
PACERS	549
LAKERS	538
HORNETS	535
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<b>BULLS</b>	514

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# 'Cuse, FDU up at NCAA's tonight

A pair of local teams take the court tonight at the 2019 NCAA Tournament.

Just 17 miles south of New York City, New Jersey school Fairleigh Dickinson University will face the West Region's No. 1 seed Gonzaga at 7:57 p.m. ET (TruTV). This will be the Knights' second game at the Big Dance this year as they are fresh off a comeback victory over Prairie View A&M on Tuesday night in the First Four in Dayton, Ohio.

Darnell Edge dropped 33 points in the win to help the NEC program advance in just its sixthever NCAA Tournament appearance.

While it's a difficult reward for FDU — who had to travel almost 1,700 miles west for tonight's game in Salt Lake City, Utah — to have to meet one of the top teams in the nation, they don't seem too worried about it.

In fact, they're drawing inspiration out of UMBC's shock victory over Virginia during last year's tournament,





Tyus Battle of Syracuse and Darnell Edge of FDU. GETTY IMAGES

which was the first time ever a No. 16 seed upset a No. 1 seed.

"[UMBC] beat us all to the punch, but I knew it was going to happen," FDU head coach Greg Herenda said. "We're just going [to Utah] to win a basketball game. It's not 16 and 1, it's college basketball. I really believe that."

In the history of the NCAA Tournament, No. 16 seeds are 1-135 against a No. 1 seed.

Another New York school with a strong following in the Big Apple, Syracuse, kicks off its tournament as the No. 8 seed in the West Region against No. 9 Baylor at 9:37 p.m. ET (TruTV).

It continues a tradition of excellence for the Orange, who have made the NCAA Tournament 38 out of 47 times since 1973. While the program hasn't wowed in the regular season, it is still a dangerous side to watch.

In Syracuse's last two tournament appearances, the Orange advanced to the Final Four a No. 10 seed in 2016 and the Sweet 16 as a No. 11 last year.

JOE PANTORN

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New York Thursday, March 21, 2019



#### metro.us/crossword

#### **ACROSS**

- 1 Persian or Siamese
- 4 Drink container
- 9 "O Mio"
- 13 Haughtiness
- 15 Morocco's capital 16 Sharp tools
- 17 Radar screen image
- 18 Modern term for "dropsy"
- 19 \_\_ years; 2020, 2024, etc.
- 20 Cowardly
- 22 Singer Williams
- 23 San Francisco's Golden
- Bridge
- 24 Dinner entrée
- 26 Cone toppers
- 29 Hottest, among salsas
- 34 Portions
- 35 Incline
- 36 Twosome
- 37 Can covers 38 Adhere
- 39 On the ; increasing
- 40 Wrath
- 41 Basketball goals
- 42 Grand \_\_ of Luxembourg;

- European nation
- 43 Tumultuous streams 45 Make helpless; stymie
- 46 St. Joan of
- 47 Penniless
- 48 Fashionable
- 51 Eaa on
- 56 Michigan or Geneva
- 57 Passes out cards
- 58 Knight & Kennedy
- 60 Do \_\_; repeat 61 Bird of prey
- 62 Wise one 63 " of the d'Urbervilles"
- 64 Frock
- 65 Bread variety

#### **DOWN**

- 1 Uber alternative
- 2 Has a bug 3 Journey
- 4 Says hello to
- 5 Serving utensil
- 6 As busy as
- 7 Houston & others
- 8 \_\_ away; storing
- 9 Deli purchase
- 10 Plow pullers 11 Go before others
- 12 Catch sight of

- 14 Faucets
- 21 Snoozes a bit
- 25 Perform
- 26 Banana : ice cream treat
- 27 Egypt's capital
- 28 Put in \_\_; make tidy 29 Loses one's footing
- 30 Cookware items 31 Royal decree
- 32 Cold-rice-and-fish dish
- 33 See eye \_\_; agree 35 Job opening
- 38 Acknowledged grudgingly
- 39 Tots, slangily
- 41 Feminine pronoun
- 42 Entrance
- 44 Fovt & Unser
- 45 Monopoly player's pur-
- chases
- 47 Voter surveys
- 48 Blood \_\_; thrombus
- 49 "'Tis better to \_\_ loved and lost.
- 50 Hubbies for Tina Turner &
- Mamie, once
- 52 Close
- 53 Parakeet's home
- 54 Equipment
- 55 Jittery
- 59 Observe

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#### Check your answers at metro.us/games



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# metro.us/wordsearch

# 0 F D

Begonia Carnation Daffodil Daisy

Foxglove Hyacinth Lilac

Lily

Rose Scilla Sun Tulip

### metro.us/wander

#### **Category: Famous Voices**

_	Α	М	S	Α
L	L	R	G	S
W	Ι	0	Е	Ν
Ν	Ι	В	Е	1

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

# metro.us/sudoku

8	1				7		5	4
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					1			3
1		9						
2			5		3		9	
6	3		2				1	5

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